Bulgur Wheat Salad with Olives and Feta
6 to 12 servings (makes about 6 cups)

This easy, cracked-grain salad is a take on Levantine tabbouleh, and can be served chilled or at room temperature. The recipe uses sun-dried tomatoes instead of fresh, so it freezes well. The ones packed in oil work just fine, too.

- For Hesed/Hesed Cooks at Home: Store in an 8- or 9-inch disposable pan. Gently pat down, wrap in aluminum foil, and freeze before delivering to Adas.

INGREDIENTS
About 10½ ounces (2 cups) uncooked bulgur, medium grind
1 teaspoon table salt, or more as needed
¼ teaspoon freshly ground black pepper, or more as needed
½ teaspoon ground cumin
¼ teaspoon granulated garlic (garlic powder)
½ teaspoon dried oregano
½ teaspoon dried basil
2 cups boiling water
About ¾ ounce sun-dried tomatoes, preferably vacuum-packed
About ¾ ounce pitted Kalamata olives
3 large lemons
2 scallions
Leaves from ½ bunch flat-leaf parsley
15 ounces (about 1½ cups) canned/cooked chickpeas
4 or 5 ounces feta cheese, packed in brine
⅓ cup olive oil

DIRECTIONS
Stir together the bulgur, salt, pepper, cumin, garlic powder, oregano, and basil in a heatproof mixing bowl, until well blended.

Pour in the boiling water, making sure all the bulgur is submerged, cover tightly with foil or plastic wrap, and let it rest for 30 minutes, or until the water has been absorbed.

Meanwhile, prep the next 7 ingredients, combining them in a separate bowl as you work: Cut the sun-dried tomatoes crosswise into thin strips (¾ packed cup). Cut the olives into thin slices (¼ cup). Zest and juice the lemons (¼ teaspoon zest, ½ cup juice, or more as needed). Trim the scallions then cut crosswise into thin slices (white and green parts). Coarsely chop the parsley. Drain and rinse the chickpeas (if using canned). Drain and crumble the feta, to yield 1 cup. Add the oil and stir to mix well.

Once the bulgur is hydrated, uncover and fluff it with a fork to break up any clumps. Add the sun-dried tomato mixture, folding it in until evenly distributed. Taste, and adjust the salt and/or pepper and lemon, as needed. Transfer to an airtight container and refrigerate up to 7 days (or freeze for up to 6 months).

From Daniel Traster.
SWEET ORANGE-CHOCOLATE CHIP BREAD

Makes one 8x4-inch loaf (8 servings)

For Hesed: Please follow the recipe – no add-ins or substitutions. But when you bake this for yourself, you can substitute: non-dairy milk (which will make the bread pareve); lemon instead of orange; and fresh or dried cranberries/blueberries instead of chocolate chips. You could also add chopped nuts to the batter, or decorate the top with a couple of thin orange slices before baking.

Adapted from julieblanner.com.

1 cup sugar, plus 1 teaspoon for sprinkling
2 cups AP flour
1 tablespoon baking powder
½ teaspoon kosher salt
2 teaspoons finely grated zest and ¼ cup juice from 1 navel orange
⅜ cup milk (do not use nonfat or non-dairy)
⅓ cup vegetable oil
1 large egg
⅓ cup semisweet chocolate chips

● Preheat the oven to 350°F. Use cooking oil spray to grease a loaf pan (8x4-inch or 8½x4½-inch).
● Use a fork to whisk together the sugar, flour, baking powder, salt, and orange zest in a mixing bowl. In a separate bowl, stir together the orange juice, milk, oil, and egg until well blended.
● Gradually add the wet mixture to the dry ingredients, stirring just until no trace of flour remains in the batter. Fold in the chocolate chips.
● Spread the batter evenly in the pan. Sprinkle the remaining teaspoon of sugar over the top. Bake for 40 to 50 minutes, or until a tester inserted in the center comes out clean.
● For Hesed/Hesed Cooks at Home: Cool then remove from your metal or glass loaf pan (or leave in its disposable aluminum pan). Wrap in foil and freeze until firm before delivering to Adas.